

# October 2009

Senior Services

Damion Zamora-

Concepcion Felix-

Isela Zarate- Aide

**Executive Chef** 

Sally Coates—

Manager

Sous Chef

• Krissy Thornton

Party Planner

Staff









Senior Services Program News





102 W. Old Mill Road

City Of Mesquite

702-346-5290

# Spooky Halloween Breakfast

Witches Brew and Goblins
Goop come enjoy the
Halloween spooks.
We invite you to
our Halloween breakfast
if you dare.

A Free Halloween Breakfast Saturday, October 17, 2009 8:00 a.m. to 10:30 pm Over at the Mesquite

Over at the Mesquite Senior Center .( Anyone over 60 can eat for free and under 60 there will be a \$4.00 a Charge).

#### Attention

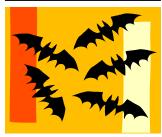
Foot Clinic has been cancelled due to grand funding not being funded.

#### Attention

As we approach the flu season and the scare of H1N1 for your protect beginning Oct 1 we will have HAND SANITIZER available at the front desk and also right next to the Salad Bar. Please use the sanitizer when you come in and before you use the salad bar to prevent the spread of germs.. Thank you

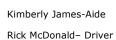
Veterans Health Fair
Saturday October 17,
2009, 9:00 am — 2:30 pm
Mesquite Mesa View.
Silver Rider will provide
rides you will need to call
to schedule.

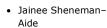
Silver Rider 346-7006





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7:00am to 4:30pm Monday—Friday Except Holidays www.mesquitenv.gov



True Love is like ghosts, which everyone talks about but few have seen. Author Unknown





Coming soon Sav-On

Sav-On

October 6, from 9:00 a.m. to 1:00 p.m. Sav-on will now accept tri-care Insurance

## Wal-Greens

October 21, 2009
From 8:00 a.m. to 12:00pm
May be covered by any
Medicare Plans. Kristi from
Wal-Greens will be here on Oct 7
& 14th to sign people up from
11:30-12:30.

Without Insurance Vaccine cost is \$24.99 on both days.

# Shelf Stable Meal

Saturday October 10, 2009, 8:00 am—10:00 pm we will be doing a Shelf Stable Meal here at the Mesquite Senior Center. Anyone over the age of 60 can stop by and pick one up. Homebound Delivery will be from 9:00 am to 1:00 pm.









# Halloween Party

On October 29, 2009 from 11:15 am to 12:30 pm we will be having a Eerie Spooky Halloween Lunch. Come but BEWARE of the things that go bump in the Night. Come dressed to party with us. Prizes will be given

## Welcome Back BBQ

On Thursday October 8, 2009, 11:30 am —to 1:00 pm. Mesquite will host their yearly event sponsored by the City of Mesquite welcoming new and returning residents to the Community.

100 w. old mill rd west of the Mesquite Recreation Center





Monday	Tuesday	Wednesday	Thursday	Friday
			l Bacon Cheeseburger Macaroni, Salad Bar, Pumpkin Pie	2 Breaded Shrimp, Butter Herb Potatoes, Glazed Carrots, Halloween Dessert
5 Chicken Fried Steak, Mashed Potatoes, Corn, Biscuit Blossoms	6 Pork Chop, Stuffing, Salad Bar, Pumpkin Cream Puffs	7 Chicken Noodle Casserole, Carrots, Roll, Scary Jell-O	8 Chili Dog Broccoli Macaroni, Salad Bar, Apples with Carmel	9 Linguini with Clam Sauce, Vegetable du Jour, Boo Berry Muffin
I2 Baked Chicken, Stuffing, Cream Spinach, Halloween Dessert	I 3 Meatloaf, Mashed Potatoes, Salad Bar, Goblin Cakes	I4 Rosemary Chicken, And Bean Stew, Ciabatta Bread, Strawberry Pudding	I5 Ham & Scalloped Potatoes, Salad Bar, Snickers Roaches	16 Crab Tortellini Alfredo, Haricots Vertis, Fruit
I9 B.L.T, Tomato Soup, Chips, Cinnamon Rolls	20 Baked Ziti, Salad Bar, Peach Cobbler, Witch's Hairy Fingers	21 Chicken Salad Sandwich, Chips, Pickle Spears, Three Bean Salad, Fruit	22 Tator Tot Casserole, Salad Bar, Roll, Halloween Birthday Cupcake	23 Jambalaya, Cream Spinach, Oreo Brownies
26 Lemon Chicken, Fried Rice, Egg Roll, Halloween Cookie	27 Vegetables Beef Soup, Cheese Sandwich, Salad Bar, Candy Apple	28 Italian Sub, Chips, Coleslaw, Roll, Fruit	Halloween Party	30 Senior Center Closed ( Nevada Day)

#### **Nutrition Program**

- Lunch is served from 11:30 am to 12:30 pm, Monday through Friday, except holidays at the Senior Center. Reservations appreciated.
- A \$2.50 donation is suggested for 60 years and older.
- A \$4.00 cost for 59 years and under.
- To inquire about Homebound delivery call 346-5290.

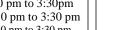


The Senior Services Div. is coordinating with "Animal Control " in distributing animal food for Homebound clients' pets. If you are a Homebound client and need further information on this wonderful program please contact the Senior Services Division at 346-5290.



### **CARDS AND TILE GAMES** WEEKLY SCHEDULE

MON	Open Pinochle	8:00 am to 3:30 pm
TUES	Mexican Train Dominos	12:30 pm to 3:30pm
	Mah-Jongg	12:30 pm to 3:30
	Scrabble	12:30 pm-3:30 pm
	Dominoes	12:30-3:30 pm
WED	Open Pinochle,	8:00 pm to 3:30pm
	Mah-Jongg	12:30 pm to 3:30 pm
	Dominoes	12:30 pm to 3:30 pm
THUR	Mah Jongg	12:30 pm to 3:30 pm
	Cribbage	12:30 pm to 3:30 pm



FRI Open Pinochle 8:00 am to 3:30 pm Canasta 12:30 pm to 3:30 pm

